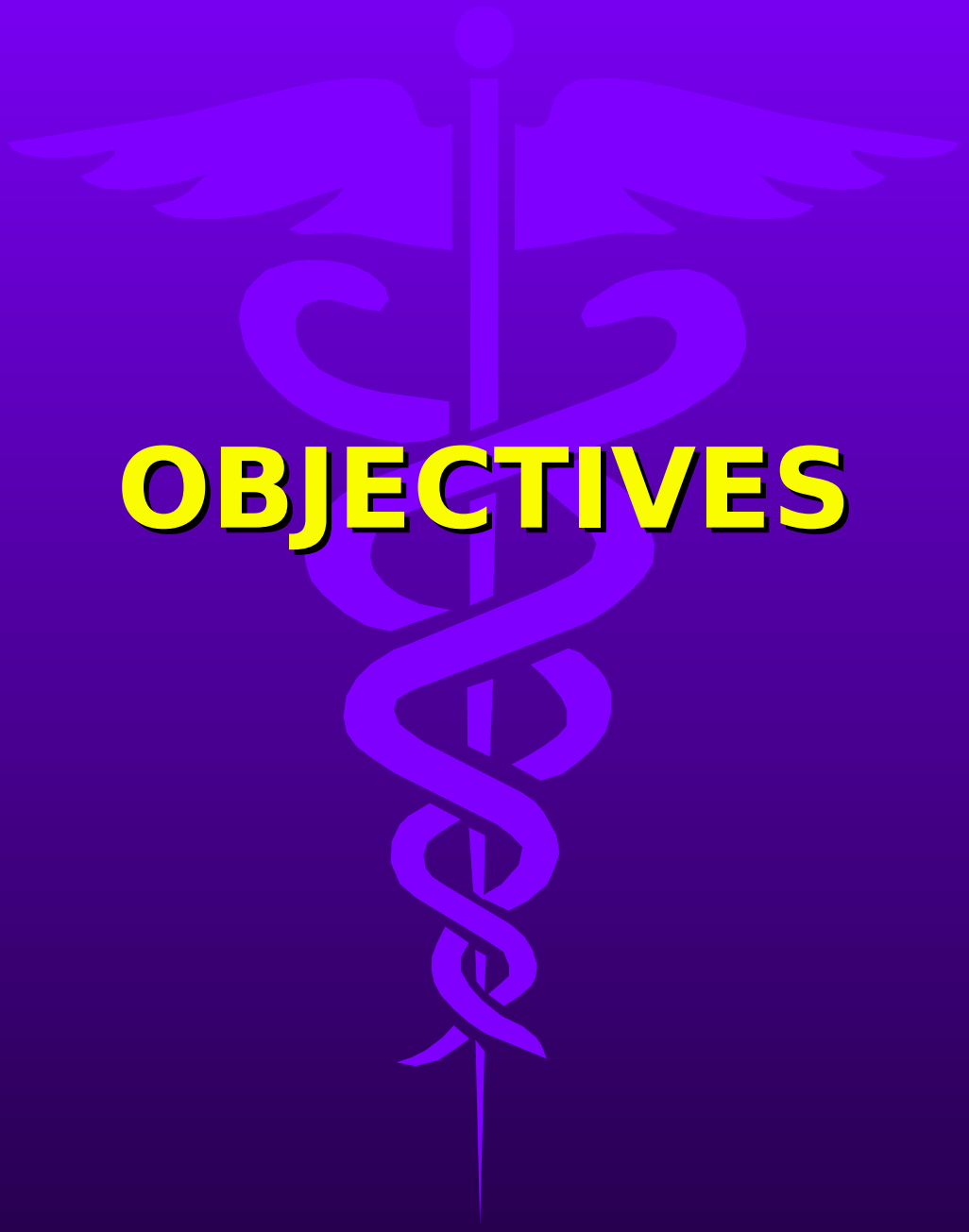
HEAT INJURIES

Lesson 10

HEAT INJURIES



OBJECTIVES

TYPES OF HEAT INJURIES

TYPES OF HEAT INJURIES

- Heat Cramps
- Heat Exhaustion
- Heat Stroke

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TYPES OF HEAT INJURIES

- Heat Cramps
- Heat Exhaustion
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FACTORS INFLUENCING HEAT INJURY

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- Unacclimatized Personnel
- Overweight & Fatigue
- Heavy Meals & Hot Foods
- Alcohol/Drugs
- Fever
- Tight Clothing

PREVENTING HEAT INJURIES

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- Replace water

PREVENTING HEAT INJURIES

- Replace water
- Avoid excessive salt

PREVENTING HEAT INJURIES

- Replace water
- Avoid excessive salt
- Maintain acclimatization

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- Maintain good physical condition

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- Maintain good physical condition
- Establish work/rest schedules

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- Maintain good physical condition
- Establish work/rest schedules
- Wear proper clothing

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- Establish work/rest schedules
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- Participate in training

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- Use WBGT Index

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REVIEW OF MAIN POINTS